



VOL. XXXVI NO 8

BROADMEAD, COCKEYSVILLE, MD

April, 2015

Breaking News!!!

Broadmead CEO and Master Planners Awarded Nobel Prize

By Marcia Reinke

CEO John Howl and the Broadmead Master Plan team are the joint recipients of the 2015 Nobel prize in Architecture, for the design of a 20-story parking garage, construction on which is to get underway next week.

The garage, to be built in the area once called the "Rose Garden," is of an open-air design so exhaust vapors may blow out over the adjacent garden homes. It will avoid a "rain tax" as runoff will be circulated via a Keystone-like pipe to a new drainage area, to be named Lake Maybe II, located in the open space surrounded by Clusters G, H and J.

Details of the prize and design were leaked to *The Voice* by a trusted, but at this point secret, source just prior to press time.

Broadmead has obtained financing for the garage by selling the properties it owns across from its York Road entrance to the Vornado Realty Trust which has already pre-leased almost the entire acreage for a strip mall.

Commenting on the project, Howl said the use of the property for a strip mall should increase traffic in the area sufficiently so that Broadmead will qualify for a traffic light.

Members of the Master Plan committee also pointed out that an original 12-story garage design was replaced by the 20-story high rise, so that the garage could be used, pursuant to a lucrative contract, for overflow cars from the Giant parking lot just down York Road on days when there is a pre-snowstorm rush on toilet

paper, peanut butter and milk. A Master Plan subcommittee is also engaged in negotiations with Wegman's for its overflow parking, *The Voice* has learned..

If the negotiations prove successful the design of the 20-story building is such that additional floors may be added. It is believed that this unique design was one of the reasons the Nobel committee selected Broadmead.

It is also believed that the garage and the unique publicity afforded by a Nobel win will be a plus for our Marketing efforts, Howl said.

Howl refused, however, to confirm or deny a rumor that as a result of the Nobel he is being recruited for several CEO positions in other communities countrywide, including a cushy Southern California job overseeing a network of 54 CCRCs. Asked specifically whether Southern California weather might be a lure, he scoffed. "I'm from Minnesota. I like snow and cold."

Continued on Page 2

Inside...

Prior to receipt of the Nobel announcement and the spotting of the masthead's angry dispossessed vulture just before deadline, The Voice had planned as Page 1 what now is Page 3.

Vultures, who now inhabit trees just north of the perimeter road, had free reign over Broadmead's acreage before the Quaker builders arrived.

2 Voice of the Residents. April. 2015

Nobel Prize....from Page One

The loss of Howl would be mourned by residents here, except possibly by those whose units were at one point threatened with demolition by an earlier phase of the Master Plan. A spokesman for that group, who asked that his name not be used, said, however, that all was forgiven when planners decided against wiping out clusters P and Q.

Asked to comment, the Residents Association's Grounds Committee said it was having a difficult time coming up with substitutes for the roses that have been extremely unhappy in the Rose Garden.

"Good idea," one committee member said. "Now we can think instead about landscaping around the garage."

The Voice was unable to reach officials at Vornado about their plans for a strip mall. Our investigative team will seek further information.

EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, THE VOICE does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. THE VOICE does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule THE VOICE will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want articles not to run over one page, copy should not exceed 400 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in THE VOICE box opposite the copy machine in the BRA office.

Colonials Visit Broadmead



Story by Gwen Marable

Both Black and Women's History Months were celebrated in a program on Benjamin Banneker presented recently by the Multicultural Committee. Banneker, a black man, learned in both science and math, was interpreted by storyteller Bob Smith while his English grandmother, Molly Banneky (*sic*), was interpreted by storyteller Virginia Keeping. Banneker, a surveyor and the author of seven almanacs, is honored at a Historial Park and Museum located in Oella, MD.

Photo by Erroll Hay

Monday Book Group Auditorium, Mondays 10:30 a.m.

April 6

What Makes Olga Run

by Bruce Grieson

May 4

Catcher in the Rye

by J.D. Salinger

June 1

The Children's Act

by Ian McEwan



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APRIL, 2015

Hopkins and Broadmead to Collaborate on Dementia Care, Health and Wellness

By Jackie Mintz

Broadmead is about to embark on a special new relationship with Johns Hopkins Medicine on two centers of excellence, one focusing on dementia care, and the other on health and wellness.

The leaders of the Hopkins groups will be Dr. Constantine George Lyketsos, professor of psychiatry and world expert in care and treatment of patients with Alzheimer's and related dementias; and Dr. Samuel C. Durso, professor of medicine and director of the Hopkins Division of Geriatric Medicine and Gerontology.

Dr. Lyketsos and his team will consult with Broadmead on the Dementia Care program. The director of the program will be newly appointed Assistant Health Services Administrator Meredith Hauf, who reports to Andrea Dwyer, Health Services Administrator.

Hopkins experts will provide consultation and advice to Broadmead concerning best practices for its program and policies. This relationship is envisioned as continuing as the program develops.

Certain aspects of the program are already in place, such as the "Roam Alert" device (often called a wander guard) worn by residents who would not be safe off the floor unassisted. New signs in elevators instruct persons accompanying someone wearing a wander guard to "flip up" to find the code underneath. Since a wander guide immobilizes the elevator,

this code is needed to start the elevator.

Another aspect is additional staff training in dementia care. Starting with the Hallowell staff, this training will eventually include all staff.

Questions to be addressed by the dementia care program include the kinds of training and support needed by persons connected to the patient, since dementia affects family, friends and staff.

Because dementia is a very individualized illness, the training needs to include all the persons involved in their care -- not only activity staff and nurses but also dining service and maintenance staff. At issue also is the prevention of staff burnout and injury.

Meredith Hauf, the dementia care program director, has extensive formal training in aging studies. But what she called "the most valuable professional experience" she has had was at Broadmead where she interned in a training program covering every job here from cleaning toilets to running the departments.

The Health and Wellness program will be the responsibility of COO Robin Somers, who is currently assembling her team and recruiting for the director of the program.

A resident-staff reception to initiate the Hopkins collaboration is planned.

Masthead photo by Errroll Hay

KNOW YOUR NEIGHBORS

Wear Name Tags

April 1, 2 and 3

“Dragons” Help Broadmead Celebrate Chinese New Year



Story by Bea Post Photos by Erroll Hay

On the cold night of February 20 a group of young ethnic Chinese performers came to Broadmead to celebrate the Year of the Goat and to entertain with a traditional dragon dance. Accompanied by wild clashing of metal and banging of drums, young men jumped around under the colorful long cloth bodies of two dragons and shook their huge dragon heads as they moved among the tables. Some of the bolder members of the audience, such as Jim Crowder (right), thrust traditional red envelopes of cash into the gaping mouths of the monsters. Wearing traditional Chinese dress, Lily Kouo, above left, helped with arrangements and entertained with stories of how the New Year was celebrated with family, friends and special foods during her youth in Taiwan.

The auditorium and lounge were appropriately decorated and small good-luck favors were distributed by the dancing dragons. Some women residents came attired in Chinese garb.

Special Saturday Lecture Series 7 p.m.

Europe Between the Wars

Lectures will treat topics such as the Peace of 1919, the Search for Normalcy, the Great Depression and the Rise of Fascism in Germany, France and Great Britain

April 4: Vernon Lidtke,
Professor Emeritus of History, JHU

April 11: Robert Forster,
Professor Emeritus of History, JHU

April 18: Orest Ranum,
Professor Emeritus of History, JHU

The Broadmead Play Readers will present

Quality Street

by Sir James Barrie
(adapted by John DePrine)

Wednesday, April 1 - 7 p.m. Auditorium

Cast

Phoebe Throssel	Suzanne Crowder
Susan Throssel	Elborg Forster
Captain Valentine Brown	James Crowder
Henrietta Willoughby	Sue Schlenger
Fanny Willoughby	Anne Lee
Ensign William Blades	Bob Gist
Charlotte Parratt	Shirley Christie
Narrator	Bob Gist

Broadmead Looking at New Contracts, Preconditions, Entry and Monthly Fees

By Marcia Reinke

Subject to Maryland Department on Aging approval, Broadmead expects to offer both Type A and Type C contracts within the next year, along with contracts providing for 90 per cent entrance-fee refunds and possibly a variety of options relating to entrance fees.

Financial eligibility will be required for both Type A and Type C contracts and medical eligibility policies "may become more detailed," CEO John Howl told *The Voice* during a recent wide-ranging interview.

Broadmead has found that its major competition is coming from Continuing Care Retirement Communities with Type C contracts, otherwise known as fee-for-service contracts, because entry and monthly fees are lower and many seniors today have long-term care insurance into which they have been paying for years.

With fee-for-service, billing is based on services used, of which the major one by far is medical, and the often substantially increased costs when a resident moves from independent to assisted living or comprehensive care.

Broadmead currently offers only Type A contracts which guarantee that a broad list of services are included in the monthly fee and that there is no increased cost if a resident winds up in assisted living or comprehensive care, even if one spouse is in independent living and the other in a higher level of care.

The Broadmead trustees have approved the addition of Type C contracts but a decision from the Department on Aging, which must approve all CCRC contracts, is not expected for six to 12 months.

For the past few years, entrance fee refunds have been available to resident estates or to a resident who leaves, along with the regular declining mini-refund for the first 48 months that has long been provided under Type A. The higher the refund, the higher the entrance fee, Howl explained.

Under the new type A contract, residents may have a different service packet.

Howl said any new contracts, whether Type A or Type C, would be subject to medical eligibility standards which could preclude a list of medical preconditions. For example, a person might be allowed to enter Broadmead with Parkinson's, dementia, metastasized cancer or heart failure but Broadmead would not pay the costs of treatment within the first two years.

"Broadmead has always done medical evaluations but with minimal standards," he said, adding that pre-screening will in the future be "more detailed."

He said the Broadmead Resident Assistance Fund (BRAFF) would still be available should a resident run out of money. The assets and income of prospective residents will be thoroughly vetted whether they enter on a Type A or a Type C contract.

BRAFF would help both, he said.

Bird and Nature

Saturday, April 18

**Special Walk with David Curson,
Director of Bird Conservation, Audubon**

April 23 10 a.m.-12 noon

"Wildflowers"

A Trip to Irvine Nature Center

Carpool: Call Sue Carnell (410-527-3517)

Saturdays, April 25, May 2, 9, 16 and 23

Walks led by

Anne Allen Dandy and Dot Gustafson

Meet at Lower Level Entrance at 8 a.m.

All are welcome

Lunch Bunch Is Back April 30

Look for sign-up sheet

First week in April

Art 101

Fridays, 1-3 p.m.

We are making a seasonal calendar!

We need your help.

BROADMEAD WELCOMES

Emily Boyd Mohr, B-12, 443-578-8442.
emilybmohr@gmail.com. MidFebruary.

Picture yourself in the breathtaking gardens of Charleston, SC. There under a tree is a talented docent pointing out a rare magnolia specimen to a group of visitors. It is Emily Mohr, Master Gardener, with a certificate from Clemson University.

Emily has joined us here at Broadmead after 20 years in Charleston, but she was a Baltimorean before that. Born and raised in Roland Park, Emily attended Bryn Mawr and graduated from Garrison Forest in 1958. She then went to the Johns Hopkins School of Nursing, graduating in 1962. She practiced first at Johns Hopkins and later at the Yale-New Haven Hospital, where she worked for four years.

In 1969, she married David Painter Mohr, an ophthalmologist, and they had two girls, Rebecca (our own Becky Mohr, a residency counselor here) and Jennifer.

When the girls were older, Emily returned to nursing, this time at Children's Hospital in Baltimore where she specialized in plastic surgery and orthopedics.

David and Emily moved to a house on Kiawah Island, SC, in 1994 and five years later, after David's death, Emily moved to downtown Charleston. There she became a member of the Horticulture Society of South Carolina and was able to spend time with garden design, the work she loves. "Growing plants in Charleston is much different," she says. "Its climate, soil, and the growing season, as well as the plants themselves, are quite dissimilar to those in Maryland."

Emily has five grandchildren, four in the Baltimore area. Having lived at the Bishop Gadsden Retirement Center in Charleston for two years, she decided to come back to Maryland to be closer to her sister, who is at



Blakehurst, and to her daughter and grandchildren.

It is not surprising that Emily has returned to Broadmead. Her parents, Holmes and Emily Boyd, were among the original residents of Broadmead, moving in as the community was being built around them. Joining them a few years later was her aunt Louise Braff, some of whose paintings still hang in the OPD.

By Mary Ellen Saterlie

Mary Sturm, W-1. 443-578-8443.
marysturm@earthlink.net. January 15.

After a 25-year multifaceted tenure in the federal government, Mary Sturm got married, retired early and embarked on a second career that included college and a myriad of jobs, paid and unpaid.

Starting at the Social Security Administration right out of high school, Mary left to travel in Europe, decided to stay and ended up in the Audit Office of the Secretary of Defense in Stuttgart, Germany. Returning to the U.S after several years, she worked in what was then the Department of Health, Education and Welfare (now Health and Human Services). She also volunteered for the Federally Employed Women's program, became regional manager for the program and was elected a member of its executive board.



Detailed to the staff of Caspar Weinberger, when he was a member of Nixon's Super Cabinet, Mary worked in the White House during the Watergate period. Those were tense times, she recalled, where there was a palpable preoccupation with secrecy. At one point, when they considered

hiring a replacement for Rosemary Wood, who was occupied full time transcribing the tapes, she was interviewed by Alexander Haig's office for the job. That job was never filled but Mary was quite sure that during that time her phone was tapped.

During this period she managed to travel several times to Europe and elsewhere. All in all, she has visited 67 countries.

Married in 1984, she retired in 1987, to spend the next period of her life sailing, fishing, and getting a bachelor's degree at Goucher, where she majored in philosophy. She also worked part time on various projects, and volunteered for others, including the Service Corps of Retired Executives (SCORE), which assisted fledgling businesses with their business plans.

For four years, before there was ever a Harmony.com or Match.com, Sturm ran a singles group called Classic Exchange, for persons over 50 years of age. More than 2,000 persons came through the program.

Mary continues to be involved in numerous activities, such as the Baltimore Visitor's Center and Senior Box Office. One of her favorite activities is with an Improv group that holds its productions at the Towson Unitarian Church.

Mary is accompanied here by Zoe, a Lhasa Apso. She looks forward to participating in Broadmead's numerous programs.

By Jackie Mintz

BRA Healthcare Lecture

Wednesday, April 29. 10:30 a.m.

What Is a Learning Healthcare System?

Dr. Ruth Faden

International expert on ethics, health and science policy, Dr. Faden is the Philip Franklin Wagley Professor of Biomedical Ethics and the Andreas C. Dracopoulos Director of the Johns Hopkins Berman Institute of Bioethics.

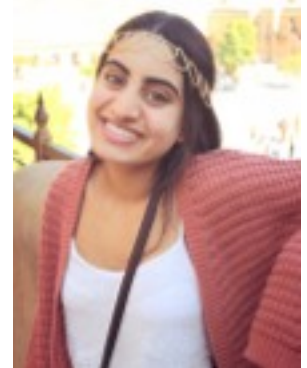
Camera Club Meeting

Monday, April 20
10:30 a.m.
Seminar Room

Broadmead Is Venue for Gold Scouting Award

By Gwen Marable

Gurleen Ahuja, a senior at Roland Park Country School, grew up listening to and loving the stories her grandparents told. And as a senior Girl Scout, she wanted to find a project for the Gold Award, the highest award in Girl Scouting, equal to being an Eagle Boy Scout.



Deciding to make a video of elders telling stories, she chose Broadmead, where. Therapist Marty Nichols agreed to facilitate and mentor Gurleen's project and found residents Ruth Bronstein, Jack Daum and Gwen Marable to be interviewed and recorded on camera.

At the video's completion, Ruth, Jack and Gwen, members of the Ahuja family and their neighbors, members of Gurleen's Scout troop and their leader, as well as Ruth's son and his wife gathered on Hallowell Hall to watch it. Gurleen's parents were proud and the residents were pleased to see that she had produced a professional, interesting and engaging video of their memories, prompted by her intelligent questions. Gurleen thanked the participants with copies of the video.

This inter-generational project was motivated by Gurleen's passion for listening to her elders who, she feels, are often overlooked. She is a Sikh, and to her this means having respect for all and practicing "seva" (service). This summer she will go for the third time with her sister to Honduras to help build schools. She raised funds for this project at her temple.

At her school Gurleen is active in cross-country, track and the diversity committee. She plays the harmonium, guitar and ukulele and also sings. She plans to major in music and international business in college where, in the belief that we all have a "story," she hopes to continue making video recordings of elders.

BRA Okays New Publication Literary Journal to Debut

By Marcia Reinke

A new Residents Association publication, to feature both poetry and prose, including essays, memoirs, humorous articles, possibly even plays, has been approved by the Budget and Finance Committee and the Executive Committee and is expected to make its debut in the fall.

To be co-edited by residents Jim Butzow and David Diorio, the publication will provide a venue for writings for which there was at one time space in *The Voice* but which have been all but eliminated recently due to greater *Voice* emphasis on non-fiction and news.

The new publication, tentatively named the *Broadmead Streamer*, has been discussed with those who attend the Writers Group, which will probably provide much of the material. It will be open, however, to submissions from all Broadmead residents and associate members.

Butzow said the new journal or magazine is still in its formative stages and he does not expect to publish the first issue until September or October. Initially at least it will be a low-budget effort, operating out of the small office space located next to the Fireplace Room, where he has set up a

computer and a second copy of the "In Design" software he uses at his home.

Butzow, for the last eight years, has been editor of the literary magazine published by the Renaissance program at Notre Dame College. Prior to retirement, his Ph.D. in Biochemistry led him to a career as a researcher, mostly at the National Institutes of Health.

Diorio, who moved to Broadmead in January, has had a journalism, editing and publishing career. After graduating from George Washington University, where he majored in English, he worked for a weekly newspaper and then the daily *World Telegram and Sun* in New York. Following retirement from the Social Security Administration, he and his late wife published poetry and non-fiction books and *Icarus*, a highly regarded local poetry magazine.

For fiscal 2015-2016 *The Streamer* will be operating on a budget of only \$300. "I didn't know what to ask for," Butzow said, acknowledging that \$300 is a very small sum.

Until the popularity of the new publication is determined, however, he said they plan to run it off on the BRA copy machine. It will be black-and-white only and contain no pictures.

At present the two editors are expecting to publish just twice a year and have not considered the length of submissions or how many pages will be printed each time.



The Kenyon College Choir came from Gambier, OH, to serenade Broadmead residents at a highly acclaimed recent special performance. Here a tenor whose proposal was accepted by a soprano, carried her off as she waves goodbye, presumably for a honeymoon off stage.

Photo by Erroll Hay

Open Forum Explores Aid-in-Dying

By Marcia Reinke

The timely issue of “death with dignity,” or “physician aid in dying” legislation, now before the Maryland General Assembly, attracted a capacity crowd to a recent Open Forum lecture by a doctor who lost his license and was threatened with jail because he helped patients die rather than suffer excruciating pain.

Acknowledging that physician-assisted suicide is “an ethical issue where fundamentally good people disagree,” Dr. Lawrence Egbert said it’s good for people to talk. “Most people say nothing when they’re with somebody with whom they disagree on an issue such as this,” he said, adding that open debate is the more healthy approach as “we gain by the sharing of ideas.”

A classmate of residents Jonas Rapoport and the late Tim Baker at the University of Maryland Medical School, Egbert is Board Certified in Anesthesiology and was on the Johns Hopkins Medical staff.

Although he did not lose his Maryland medical license until last year, he was previously indicted in both Arizona and Georgia for assisting in suicides. The Arizona jury acquitted him and the Georgia judge had his case dismissed, but only after four Baltimore policemen picked him up on a Georgia warrant, barging in, guns drawn, and putting him in handcuffs and leg chains.



Dr. Lawrence Egbert

Egbert estimates that there are now 100,000 persons in the United States living in “horrible, horrible pain, at levels 8, 9 or 10. This shouldn’t happen,” he said. “Don’t we have the right to control our own lives?”

Maryland banned physician-assisted suicide in 1999, as a result of the nationwide infamy of Dr. Jack Kevorkian, and it is now a felony in this state. Should the current legislation pass, House Bill 2021 and Senate Bill 676, Maryland would be the sixth state to pass right-to-die legislation. Oregon, Washington and Vermont have allowed physician-assisted death for some time and it was the death of 29-year-old Brittany Maynard, who took her own life under the Oregon law

last fall to escape the pain of a brain tumor, which has led to a rash of new state bills this year.

Maryland is one of 15 states currently weighing “death-with-dignity” bills. Maryland’s proposed law, which contains pages of safeguards, creates a process by which a “qualified patient” may request and receive “aid in dying” from the patient’s attending physician, who would be exempted from civil or criminal liability.

Emotional initial hearings on the bills have been held in Annapolis but at this writing there have been no votes or committee reports. Those interested will find a Department of Legislative Services Fiscal and Policy Note, analyzing the bill online.

IN MEMORIAM

Stanley Shippenburg

February 10, 1927

February 28, 2015

Jane Earhart

April 10, 1930

February 28, 2015

Passover Seder

Thursday, April 9, 5 p.m. Magnolia Room

Led by Reva Freedman

daughter of Eli Freedman

Meal arrangement by

Bernard Queen and Food Staff

Sponsored by the

Multicultural Committee

See sign-up sheet on Bulletin Board

Pat Howard Named New Director of Nursing

by Penny Partlow

The long awaited new Director of Nursing, Mary Patricia Howard, is currently located in the office across from the rear elevator on the second floor, which is readily accessible to Hallowell and Taylor. It resembles a lawyer's office, with neat piles of papers and files placed around the perimeter.

Pat, as she prefers to be known, is settling into her new position, which is to manage the day-to-day clinical nursing care for residents requiring it on Hallowell and Taylor Assisted Living. Her goal is to move the medical model from institutional to a model more related to social or an individual patient's needs.

Extended care is unquestionably the greatest challenge Pat faces as Broadmead seeks to move to 21st century best practices in care. She said her major focus is on "how skilled nursing fits into all of health care."

Pat is attracted by the size of Broadmead and encouraged by the renovations taking place on the west section of Hallowell. With her emphasis solidly on the individual, she will be supported by an Assistant Director of Nursing, who is not yet in place.

The Director of Nursing is directly responsible to Andrea Dwyer, Director of Health Services.

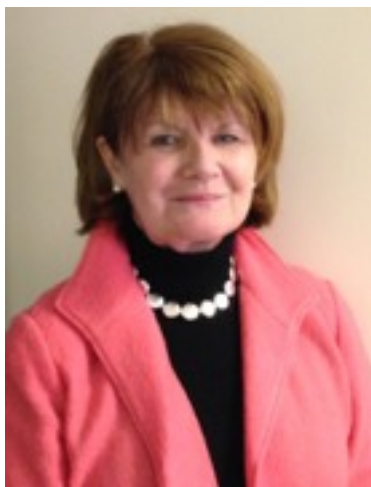
Pat went from Maryvale Preparatory School

to the University of Maryland School of Nursing, where she earned both Bachelor and Master of Science degrees. She is certified in Dementia Care and Gerontology, as well as other specialties and comes to Broadmead

from Oak Crest, where she was Director of Nursing for seven years. She also held this position for seven years at Stella Maris. While working on her graduate degree in Health Policy, she worked in the Maryland State Department of Health, as well as in Washington, where she served an internship on Capitol Hill. During that time she had the opportunity to experience work in shock trauma, hypertension care and security.

A Baltimore native, Pat grew up in Cedarcroft with two younger brothers. Her father, who was Secretary of Transportation for the State of Maryland, and her mother spent their last years at Mercy Ridge, where they lived into their nineties. Pat has two married sons, one a director at Price Waterhouse and the other a corporate lawyer. She is delighted to have some girls in her life with three granddaughters ages one, two and three.

Though leisure time is at a premium for Pat, she is a golfer and also enjoys reading, decorating, a book club, the symphony, and spending time with friends and family.



Mary Patricia Howard

April Open Forum

Thursday, April 30. 7 p.m.

From Bench to the Board Room: Have You Looked at Nursing Lately?

Martha N. Hill, Dean Emerita
School of Nursing and
Professor of Nursing, Medicine
and Public Health
Johns Hopkins University

Men's Saturday Social Hour

9:30 a.m. Auditorium/Lounge

April 11 Jim Logie

Coffee-Tea-Doughnuts
Wear your name tag

Breakey Talks About Depression, “The Black Dog”

By Frank Iber, M.D.

Churchill called his episodic depression “The Black Dog.” In a clear survey of the topic, Dr. William Breakey, retired professor of psychiatry at the Hopkins Schools of Medicine and Public Health and a Broadmead resident, described how this most common psychosis has lost much of its stigma both because of the recognition that it is not caused by willful behavior and because of the public acknowledgment by many respected and successful individuals of their own depression.

Psychiatrists focus on several aspects of depression: the disease, the dimension of disability, the behavior patterns, and the life story of the patient. Successful treatment usually requires treatment of more than one aspect. The causes are genetic, trauma, severe illness and toxins.

In addition to low energy and lack of pleasure in life, less common symptoms are loss of memory, delusions, hallucinations, and even suicide. Though less common, these features are more serious.

Psychiatric treatment provides medications including antidepressants, sleeping and anti-anxiety agents. All of the approximately 20 antidepressants are about equally effective, a situation demonstrated by the abundance of advertising, Breakey pointed out. But a particular individual may be helped by one agent while receiving no benefit from others.

According to Breakey, most effective treatment also includes recovery-oriented counseling and may require extensive time with the patient. Medication plus counseling benefits about 80 per cent of depressed patients.



The Divisio Ensemble, composed of Brian Kay, who specializes in plucked instruments, Niccolo Seligmann, shown here with a Baroque viola da gamba, and soprano and instrumentalist Julie Bosworth, presented a program of 16th and 17th music by John Dowland and Tobias Hume along with traditional English and Scottish melodies at a recent Residents Association concert. The musicians explained the histories of the instruments played.

Photo by Erroll Hay

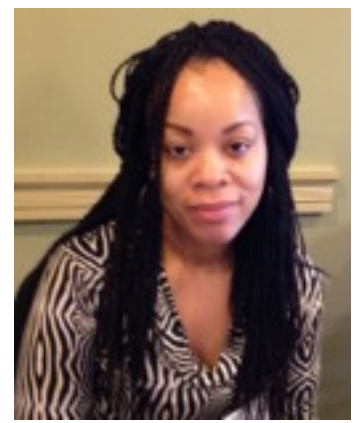


Twelve Broadmead potters created a record 50 bowls for the March 28 "Empty Bowls" event at the Timonium Fairgrounds. Event participants paid \$25 for a handcrafted bowl and soup or chili donated by Baltimore's top restaurants. Proceeds buy food for St. Vincent de Paul programs to feed the hungry in Baltimore all year. Photo by Erroll Hay

A Reception Desk Update ...and the Correction of a Big Goof



Glenda Ford



Tammy McIntyre

Last month *The Voice* ran a two-page story entitled *Who Speaks to Us at the Reception Desk*, in which we introduced and ran pictures of seven receptionists.

Trouble is, several editors and 14 proof readers missed that we ran two pictures of Dotty Lee, one of which was captioned Glenda Ford, and no picture at all of Glenda.

Glenda, who has an MLA degree from Johns Hopkins, spends many of her off-duty hours writing, including medical articles and other non-fiction plus an unfinished screen play.

New to the reception desk, but not new to Broadmead, is Tammy McIntyre, who works Saturdays and Sundays from 11:30 a.m. to 5:30 p.m., usually at the lower-level reception desk and sometimes filling in upstairs.

She was formerly a nursing assistant in Taylor.

Broadmead Residents Association Executive Committee Special Reception

Tuesday April 7, 4 p.m. Lounge and Auditorium

Honoring and Celebrating Broadmead's New Leadership Team

Chief Executive Officer John Howl, Chief Operating Officer Robin Somers,
Chief Financial Officer John Palkowitz, Vice President Human Resources Rita Johnson-Chase,
Vice President Marketing Kristy Krueger, Health Services Administrator Andrea Dwyer,
Senior Executive Assistant Kathie Torrance

Except for Rita-Johnson Chase, all are new to Broadmead within the last two years



Rehab Unit, Outsourced and Expanded; New Vitality Checks Initiated

by Jackie Mintz Photos by Erroll Hay

In recent months, Broadmead's rehab division has undergone several radical changes. It was outsourced. It was temporarily relocated to the ground floor to permit construction of new facilities. It was enlarged.

It has also initiated new, free, resident "Vitality Checks."

As reported earlier in *The Voice*, Rehab was outsourced last summer to Genesis Rehab Services, a leading national provider of physical, occupational and speech therapy for seniors. Broadmead Rehab was renamed Genesis Rehab. The outsourcing, virtually unprecedented at Broadmead, left some residents anxious about the future.

Since then, staff has more than doubled, from three to six therapists plus two therapy assistants. They are currently treating 48 individuals a month, each receiving treatment from two to five times a week. Though no figures for the prior Rehab were readily available, the volume has clearly increased.

Rehab now occupies a spanking new fitness-rehab room on the first floor. This space, created by combining the old Exercise and Rehab rooms and an office, is large, airy, modern, and altogether easy on the eye. It also features private rooms for therapy.

The addition of staff has allowed for new services such as electrical stimulation of specific muscles and shortwave diathermy. Speech therapy can also provide

neuromuscular electrical stimulation to improve a patient's swallowing function.

The director of the unit is **Maureen Horman**, herself a speech therapist. All three original Broadmead therapists, **Nancy Swierk** (PT), **Becky Shive** (OT), and **Liz O'Meara** (speech) remain at their posts. In addition, they have been joined by **Tim Caprio** (PT), arriving this month, **Larissa Perry** (PT Assistant), **Beth Abell** (OT), and **Ashley Gough** (OT Assistant). In the new position of office coordinator is **Nicole Gamber**, who took over the often time-consuming task of scheduling.

After a demanding initial period caused by the introduction of new procedures, a new record keeping system, and the two moves, the changes have been generally positive for both residents and staff. Therapy staff appreciate having professional colleagues with whom to exchange opinions. They also benefit from training opportunities and treatment options available through Genesis.

In the works is a new rehab facility for Hallowell, which will increase convenience and efficiency. That project will not be completed for several months.

In addition to added staff and expanded services, Genesis Rehab recently launched a new initiative, a Vitality Check. Therapists will meet with all interested residents to review their general wellness, screening to see whether they need rehab of any kind. This is free to residents. If Genesis determines that a patient is in need of rehab, it will refer the patient to OPD, which would write a prescription if warranted.



Broadmead Briefs

Residents **John** and **Jane Michener** and **Marjorie Scott** were featured February 27 in a top-of-page one article in the *Farmville (VA) Herald* along with **Howard Smith** who spoke here in April, 2013, about a program to help black students who were locked out of Farmville schools during the mid-century desegregation era. While attending school here under a program sponsored by the American Friends Service Committee and Baltimore's Stony Run Meeting (founder of Broadmead), Smith stayed with John and the late Ann Michener who were living at that time in Windsor Hills. An MSNBC documentary, also presented by the Multicultural Committee here in 2013, explained how black students were effectively denied public education while white students attended all-white "academies." The *Herald* story, which continued from page one to half of page 11, included interviews with John and said he and Jane plan another reunion in Farmville this summer. **Marjorie Scott** helped raise money for the Stony Run program. A story about the Broadmead event appeared in the May, 2013, issue of *the Voice*, along with a picture similar to the one featured in the *Herald* last month.

Singer-song writers **Heather Quay** and **Jon Svetkey** will present a program of their own original music, a repertoire of classic pop, folk and country songs in the Lounge on Sunday, April 19, from 2 to 3 p.m. Featuring guitars and singing, the event will showcase their love of two-part harmony and fun. Heather, an attorney, is the daughter of residents **Joyce** and **Stanley Feldstein**; while husband Jon is a professional musician. Residents of Belmont, MA, they are en route south and will perform during a visit with her parents.

Speaking of the **Feldsteins**, **Joyce** who uses **Joyce Lister** as her professional name, turned up in another context recently when **Marcia Reinke** won a deck of playing cards bearing Joyce's name, at an informal off-campus bridge game. The backside of the card

says "Pastel Paintings" by Joyce Lister and gives a web address of www.joycelister.com. The deck contains 15 pastel images, with all four number and honor cards the same, and each of two jokers different.

Joyce said she had the cards made two or three years ago by a firm in Hong Kong. Given as gifts or sold at art shows, the cards come in two versions, one with vertical pictures and one with horizontal. She has only about a dozen of an original printing left. "You never know where they're going to turn up," she said.

Florence Platt, who is organizing the distribution of fenced-in garden space again this year, reports that she has just one plot left. Anyone interested may call her at 8209. The fenced-in space, located just south of the perimeter (Copper Beech) road, is designed to thwart the appetites of rabbits, deer and other wildlife.

Howard Garber and **Rhett Murphy** have taken over as chairs of Furniture sales for the April Barn Sale, replacing **Bernie and Kitty Anderson**. **Howard**, however, had no sooner said "yes," than he was tapped to chair the **Residents Association Health Care Committee** beginning in July. And since he is not yet retired and still working off campus, he doesn't believe he can do both after the April sale. So Rhett will be looking for help.

Just so they won't be bored and at a loss for activities, **Bernie** is now chair of the audio-visual committee, as well as being associate editor of *The Voice*, a member of the Information Technology Committee and a trainer in the iPad class. **Howard**, also a member of the Information Technology Committee and iPad trainer, has agreed to chair the **New Year's Eve** party and is seeking recipes for potstickers. And **Rhett** is still organizing trips and psychoanalyzing dogs. (See picture, page 15.)

In connection with trips, **Rhett** says "study your racing forms." In early May there will be another trip to the **Pimlico Racetrack**.

Included will be lunch in the Terrace Room and a chance to stay for several races including one entitled "The Broadmead Run." There will be a sign-up sheet on the bulletin board in mid-April.

Betsy Walser, up-and-about after a much too-long bout with back surgery, has announced that **"the lunch bunch is back"** with a trip to a yet-to-be determined restaurant on Thursday, April 30. The sign-up sheet is now posted.

Also now posted is a sign-up sheet for a **Tour of Station North**, to be led by Charles Duff, an enthusiastic supporter of Baltimore architecture and its neighborhoods. Scheduled for April 16 and arranged by **Helen Davis**, the event will cost \$10. The bus will leave the lower level at 1 p.m. and return at 3:30 p.m.

Residents of Hallowell and Taylor celebrated **St. Patrick's Day** with another of their ethnic lunches in the auditorium and lounge. Served, of course, was Irish stew.



Fourteen Broadmead residents visited the renowned Peabody Library on Mt. Vernon Square in Baltimore on March 19. They were treated to a close examination of rare books including a large 1420 songbook used by Spanish monks, who would sing standing around it in a candle-lit room. "Renaissance" was the term used by rare books librarian and host, Paul Espinosa, to describe the change that took place with the advent of the printing press and the resulting world-wide spread of knowledge.

Photo by Edie Cleaves



The original caption for this photo by Carolyn Murphy was "Do you call that a dog?" due to the expression on the face of the golden mix at right, named redundantly "Murphy Murphy," upon the arrival of terrier mix Riley. Riley, who Murphy may have thought was a hamster due to his size, was adopted to replace "Bridie," a golden who had died and was a special companion to Murphy. Carolyn happily reports, however, that Riley is "indeed a dog" and has been accepted by all the Murphys.

Broadmead Residents Association Concert Series

Tuesday, April 14, 7 p.m. Auditorium

Baltimore Symphony String Quartet

Madeline Adkins, Angela Lee
Karin Brown, Pei Lu

Newly Arrived Residents

John and Joan Williams	W-8
Arvo "Gus" Saarnijoki	P-4
George and Marilyn Mathias	D-9

Piano Purchases Being Discussed by Residents

By Marcia Reinke

The purchase of two new pianos, requiring a \$140,000 withdrawal from the BRA's Friends Fiduciary Investment Funds, is being considered by residents, individually and at cluster meetings, in preparation for proposed action at the Monday, April 27, meeting of the Residents Association Board of Directors.

In anticipation that Broadmead Inc and fundraising will contribute to the purchase price, the full \$140,000 withdrawal is expected to be temporary. The BRA Music Committee has committed \$10,000 from its Music Restricted Funds. The BRA plans to ask the Development Committee to direct its 2016 fund raising activities toward a piano fund. The remainder would be divided equally between the BRA and Broadmead Inc.

According to a handout distributed, but not discussed, at the March 23 Directors meeting, the purchase of two pianos has been approved by the BRA Music Committee, the BRA Budget and Finance Committee and the BRA Executive Committee. CEO John Howl "has enthusiastically endorsed this project and is committed to pay half the required costs through his yearly budget process," the handout said.

Being considered for purchase are a new or reconditioned concert quality piano at an estimated cost of \$85,000 to \$130,000, plus a new hybrid piano at an estimated cost of \$15,000. The current 30-year-old baby grand Yamaha piano is costing the BRA approximately \$1,000 a year for tunings and repairs, and costs will continue to increase. Because some artists refuse to use it, renting is approximately \$2,300 a performance. It is anticipated that approximately six performances a year require a quality piano.

In recent years the Residents Association has sponsored a series of outstanding musical programs and wants to continue to do so. "We can only attract superior quality artists if we have a superior quality piano for them to play on," the handout said. The new piano would be used only by invited artists and would require covers and locks to keep it safe from misuse.

Since the new grand piano would be used only by invited artists, the second piano would be

used for all the other piano needs, such as Let's Sing, Let's Dance, Memorial Services, Vespers and general use. A proposed Yamaha hybrid would require no tunings, is not weather or moisture sensitive, not sensitive to movement and rarely requires repairs even with heavy use.

Frank Iber presented the piano situation on behalf of the Executive Committee at the March 23 meeting without questions or discussion. Executive committee members will be available as resource persons at cluster or other sessions to discuss the piano situation, BRA President Jim Crowder said.

A full discussion, to test consensus and to see what the next steps may be, will take place April 27, he said.

Psychiatrist Bill Breakey's Life Includes Shamrocks and Freud

by Park Espenschade

Bill Breakey spoke to the Saturday Men's Social about growing up in Belfast, Northern Ireland, and his subsequent journeys in his medical specialty of psychiatry. Born in Dublin (in the Republic of Ireland), he and his family moved to Belfast in 1942, when he was four years old, just in time to experience Luftwaffe raids on the city and its shipyards. The family had its own concrete bomb shelter, which fortunately was needed only once during these air raids. Rationing and the BBC news at 6 p.m. were an integral part of Bill's early years.

Upon finishing medical school, he realized that Ireland was producing more physicians than it could absorb, and contacted Dr. Paul McHugh of Cornell Medical College. Leaving Belfast in 1969, he planned a one-year stint in the U.S., which morphed into two, at the end of which he left for India.

In the Punjab he found himself the only psychiatrist in the hospital. After three years, he contacted his mentor, Paul McHugh, and returned to the U.S., this time to Johns Hopkins, where he spent the next 28 years in various positions and ultimately as professor in the Department of Psychiatry. Eventually he focused his attention exclusively on providing

Continued on Page 17

Police Investigator Alerts Residents About Internet Scams

By Jackie Mintz

In a talk full of candid advice and anecdotes, and delivered in a down-to-earth manner, Officer Deborah Chenoweth of the Baltimore County Police talked to an Open Forum audience on internet crimes and scams involving seniors.

In Chenoweth's opinion, the internet has brought about a tsunami of crimes and scams targeting seniors. She herself does not trust existing security measures and keeps all her personal information on a portable thumb (or flash) drive.

She added that, based on her decades of experience with phone scams, many of which originated overseas, she would not trust anyone with a foreign accent, following which a resident with a distinct accent was heard to say "well, I have a foreign accent."

Describing a variety of crimes and scams, ranging from cyberstalking and cyberbullying to identity theft, she warned residents to be on guard against unknown solicitations and requests



for help. If someone sends you an email saying your grandson is in Europe and needs money, remember that you would know whether your grandson is in Europe, and call his parents first.

Or, in an older phone version of the scam, if someone calls saying he is from your bank or credit card company, and needs to verify your account number, password, or other personal financial information, never give it out. Instead, hang up and call the bank or company to ask if they have that person on staff and whether they are seeking your account information.

Fertile grounds for internet crimes are social networks such as Facebook, she said. Other opportunities for scams have appeared with the migration of the internet to devices such as smart TVs, fitness devices, and home automatic systems that allow one to control a home remotely.

Breaky, from Page 16

community psychiatric services, especially to the homeless.

Bill's take on the troubles in Ulster was low-key. Where films and television show the chaos in Ireland during the early 1920s as well as the sectarian conflicts in Northern Ireland from the 1960s to the late 1990s, Bill presented a more nuanced picture. His father, a Presbyterian minister, never shook the hand of the Roman Catholic bishop living across the street, but the neighborhood was not violent. It was only in the 1960s that Catholic resentment over economic discrimination (e.g. in shipyard employment) "boiled over."

Bill and Angela were married in 1963. Their son lives in London and their daughter here in Baltimore. Bill's interests include photography and the environment. He has a certificate in environmental studies from Hopkins.

Let's Dance

Monday April 13
7 p.m. Lounge



Let's Sing

Monday, April 20
7 p.m. Lounge

Sew and So

Tuesday and Wednesday
10 a.m. to noon, Room 215

Writers Group

Do you like to discuss ideas and writing?
Come to the Writers Group
Fridays at 4 p.m. in the Seminar Room

Bay Series Includes Good News and Bad, Inspires Political Action

by Elborg Forster

It was a celebration, it was a science tutorial, and it was a lesson in politics.

It was the first lecture in the Adventures in Learning series on the Chesapeake, delivered to a capacity audience by Will Baker, director of the Chesapeake Bay Foundation.

The celebration evoked the beauty, the majestic size, and the importance of the Chesapeake watershed, which drains 64,000 square miles of land, stretching from the Great Lakes to Florida. Water from every creek, brook and river in this area, and the runoff from every parking lot, ends up in the Chesapeake Bay. That's why we humans – 17 million of us – must protect our own environment, as well as our Bay, from pollution, Baker said.

The science lesson examined the damage wrought in the Bay by chemicals, especially nitrogen and phosphorus, and by agricultural waste, especially from chicken and hog farms. Runoff from paved areas is also pernicious. The speaker described alternative ways of dealing with these pollutants and pointed out that some alternatives in use have already produced remarkable



John Page Williams

improvements. The trouble is they are often expensive to implement, he said, speaking at some length on how citizens may exert political pressure to protect the environment.

Baker sees grounds for optimism and believes the Bay can be saved. Ten years ago 50,000 bushels of oysters were harvested. Today the figure is one million. Striped bass has been saved from total extinction, and certain jurisdictions are planting trees of great benefit to the Bay. A superior court has ruled that the Environmental Protection Agency can enforce its rules.

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Vespers

3rd Sunday every month
4:30 p.m. Main Lounge
April 19

The Rev. Nancy Nedwell, pastor
Lovely Lane Methodist Church

Bible Study

(sponsored by Woodbrook
Presbyterian Church)
Tuesdays 10 a.m.
Seminar Room or Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
2nd Wednesday every month
10 a.m. Holly Terrace

A week later Jim Kouroupis, a long-time volunteer with the Foundation, spoke of the Chesapeake from a more technical view, reviewing the 2014 State of the Bay Report, which is published every two years. He said the Health Index for the Bay is now at 32, compared to 100 when Captain John Smith sailed in. An index of 70, he said, is the best we can do in our totally changed situation and with the means at our disposal. Today the Bay is dangerously out of balance, but we must remember that it is improving, he said.

A third lecture was given by the Foundation's Senior Naturalist John Page Williams, who used a map of the watershed to show what Smith encountered in 1607 and what is found today. Fortunately for posterity, Smith was not only a tough and smart adventurer and soldier of fortune, he had also educated himself, to the point where he knew how to describe and make a map of what he had seen. An excursion to the Chesapeake Bay Foundation in Annapolis concluded this Adventures in Learning series.



Broadmead Movies

Auditorium at 7 p.m.

Tuesday movies selected by

Dot Gustafson and Peggy Patterson

Saturday movies by John DePrine and Bob Gist

Tuesday, April 7 Boyhood

(Ellar Coltraine, Patricia Arquette)

The life of a young man, Mason, from age 5 to age 18.

2014 R 165 minutes

Tuesday, April 14 Birdman

(Michael Keaton, Zach Galifianakis)

A washed-up actor, who once played an iconic superhero, battles his ego and attempts to recover his family, his career and himself in the days leading up to the opening of his Broadway play.

2014 R 119 minutes

Tuesday, April 21 The Grand Budapest Hotel

(Ralph Fiennes, F. Murray Abraham)

The adventures of Gustave H, a legendary concierge, and Zero Moustafa, a lobby boy who becomes his most trusted friend, takes place at a famous hotel in the fictional Republic of Zubrowka during the period between the two World Wars.

2014 R 100 minutes

Saturday, April 25 It Could Happen to You

(Nicolas Cage, Bridget Fonda)

A coffee shop waitress gets a life-changing tip from an honest policeman. Based on a true story.

1994 PG 101 minutes

Tuesday, April 28 The Fault in Our Stars

(Shailene Woodley, Ansel Elgort)

Two teens, both having different forms of cancer, fall in love after meeting at a cancer support group.

2014 PG13 126 minutes

Stanley Feldstein Studies Rhythm/Cadence of Speech

By Park Espenschade

Passing quickly over his personal life, Stan Feldstein devoted most of his talk to the Saturday Men's Group to a synopsis of his research in psychology/psychiatry. Stan's life-long research interest has been in conversation, not in words *per se* but rather in the rhythm and cadence of speech, especially pauses and silences.

Beginning his work at New York Medical College, he subsequently obtained a Ph.D. in Clinical Psychology from Columbia studying the speech behavior of schizophrenic patients. After a career-changing encounter with Dr. Joseph Jaffe, a recognized expert in the speech behavior of psychopathology, Stan began a life-long study of conversation. In 1971 he left New York to become a full professor at UMBC, commenting "at last I was allowed to do my own research."

What this research revealed was the importance of the location and timing of silences in conversation.

Using a handout diagramming an example of such a conversation, he discussed how sixth-grade girls (vs. boys) took longer speaking times. His data also showed differences between boys and girls in their "interruptive speaking" behavior, important because of the documented association between interruptive speaking and coronary artery disease.

Feldstein was also able to show that patterns of gaze between mothers and babies could predict similar interactions at four years.

Most intriguing was a mother-study participant who spent 40 minutes in a room with her baby and never responded to the baby's vocalizations. She never returned for a followup. She was in jail for killing a sibling.

Disappointingly, because of his retirement in 2006, Stan was unable to complete a projected study of romantic couples.

Stan was born in Brooklyn and spent the first 40 years of his life in Manhattan before coming to Baltimore.

VOICE OF THE RESIDENTS

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A Dynamic Lifestyle Community

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Broadmead Barn Sale

13801 York Road, Cockeysville, MD



Friday, April 24

8:30 a.m. to 2:30 p.m.

Saturday, April 25

9 a.m. to 12:30 p.m.

Open to All

**Furniture will be sold on Thursday,
April 23, 2 to 6 p.m.
(Residents and Staff Only)**

Bake Shop (Friday only)

**Men's and Women's Clothes
(Auditorium and Lounge)**

This 'n' That

Holiday Shop

Kitchenware

China

Furniture

Gifts

Linens

Picture Frames

DVDs

Appliances

Jewelry

Shoes

Handbags

Tapes